

This I Promise You

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Lu Olsen (AUS)
音乐: This I Promise You - Ronan Keating



ARC TO 45, TOGETHER, BEHIND, ¼ TURN, FORWARD, BACK, ½, ½, TOE BACK, UNWIND ½

- 1-2 Arc right (to the right) & step forward 45 right, step left beside right
3&4 Step right behind left, ¼ left turn and step left forward, step right forward (9:00)
5&6 Step left back, ½ right turn and step right forward, ½ right turn and step left back
7-8 Place right toe back, ½ right slow unwind & drop right heel (weight on right) (3:00)

MOVING BACKWARDS - ROCK LEFT, ROCK RIGHT, BEHIND, ROCK RIGHT, ROCK LEFT, BEHIND, ROCK LEFT, ROCK RIGHT, BEHIND, IN PLACE, ¼ STEP SIDE, ½ TURN STEP FORWARD

Next 6 counts are moving backwards

- &1-2 Rock left to left side, rock right to right side, step left behind right
&3-4 Rock right to right side, rock left to left side, step right behind left
&5-6 Rock left to left side, rock right to right side, step left behind right
&7-8 Rock right in place, ¼ right turn step left to left, ½ right turn & step right forward (12:00)

FORWARD & HOOK, ¼ BACK & BRUSH UP, ¼ FORWARD & HOOK, BACK ¼ LEFT, SWEEPING SAILOR, TOGETHER, FORWARD 45, IN PLACE, TOGETHER

- 1-2 Step left forward and hook right leg behind left, step right back into ¼ left turn and brush left over right, (9:00)
3-4 ¼ left turn and step left forward and hook right behind left, step right back into ¼ left turn (3:00)
5&6 (Sweeping left sailor) sweep left around and step behind right, step right to right side, step left to left side
&7-8& Step right beside left, step left forward at left 45, step right in place, step left beside right (3:00)

FORWARD, ½, BACK, BACK, ROCK FORWARD, CROSS OVER, REPLACE, TOGETHER, FULL LEFT TURN, STEP FORWARD

- 1&2 Step right forward, ½ right turn and step left back, step right back
3-4 Step left back, rock right forward
5-6& Cross left over right, step right in place, step left beside right
7-8 Step right forward into full left spin turn, step left forward (9:00)

REPEAT

TAG

During wall 9, dance to count 16 at normal pace (even where the music slows down) then add the following

- 1-2 Step left forward, hold

Hold until the music starts again to commence wall 10

FINISH

On wall 10, dance to counts 21 & 22 changing the sweeping sailor into a ¼ left turning sailor to face the front. Step right forward, drag left towards right to finish